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STATE OF NEW YORK  
MILITARY TRAINING COMMISSION  
BUREAU OF PHYSICAL TRAINING

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ACTION STORIES FOR FIRST  
AND SECOND GRADES

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THE MILITARY TRAINING COMMISSION  
ALBANY  
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ACTION STORIES FOR FIRST AND SECOND  
GRADES

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THE MILITARY TRAINING COMMISSION  
ALBANY  
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## CONTENTS.

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	PAGE
Foreword and Suggestions to Teacher.....	5
Action Stories:	
First Grade .....	7-22
Second Grade .....	22-37
Index of Action Stories .....	39



## ACTION STORIES.

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The material outlined as "Action Stories" for the first and second grades, provides interesting physical activity for children who like to imitate and play "make believe." In arranging this material a few outlines were taken from the "Michigan Syllabus for City Schools." Some suggestions were also received from the "Syllabus for Physical Education in the Schools of Rhode Island" and "Physical Training Methods for the School Room" by Miss Ruth M. Bailey.

The following suggestions will guide the teacher who is not already familiar with the use of action story material:

1. The action stories provide suggested activity for the relief (setting-up) drill periods distributed through the day's session. When used for this purpose only a few of the activities outlined in the longer stories will be necessary for one period. This material should also be used for a part of the activity in the regular play periods.

2. The story play outlines give only a few workable suggestions. Select other activities that are common to the life of the majority of the class. Use movements taken from the home and play life of the children. Dramatize any subject material used in the school work that can be easily adapted. In the spelling lesson the children might act out certain words as well as write or define them. In the reading lesson they could illustrate the positions or activities as well as read about them.

3. Help the children get correct mental pictures of the activities suggested by: preparatory talks, use of appropriate pictures, exhibiting material or utensils, taking walks to see activities that may be imitated, such as, fire horses and firemen, playground games of older children, coal man and carpenter.

4. Let the children feel that the story belongs to them. They will soon be ready with new features that suggest what they think would or ought to happen next. Unless there is evidence of joy and interest, something is wrong either with the material selected or the method of presentation.

5. Study the possibilities of each action story. Use all available material to help the children with their "pretend" or "make believe" objects. The desk may be a boat, a wagon, an auto, a sled or a variety of other things to fit the occasion. A chalk line or lines on the floor might represent logs, stones in a brook, or a small stream.

6. Strive to bring out individual self-expression. Do not expect to secure accuracy or uniformity of movement by the entire class. Use phrases such as "Who knows" or "Who can show me" to precede a suggested activity. Example: Who knows how to row a boat? Who can show me how to chop a tree?

7. Avoid formal commands. Use words that give a mental picture. In the story where the children are supposed to be playing in the leaves you can say stoop, gather, stand, toss, or similar expressions.

8. See that there is plenty of fresh air in your room. Introduce some vigorous exercise into each lesson to stir up the circulation and induce deep breathing in a manner natural for each child. A full development of heart and lungs depends pretty largely on the running activities of childhood. Following the vigorous exercises you may encourage respiration by giving appropriate suggestions, such as: blow out the Christmas or birthday candles, imitate the blowing of the wind, smell fruit or flowers, blow pin wheel or smoke, watch breath on a cold day.

9. Try to secure good posture by suggesting an ideal. Example: stand tall like a soldier or stand like big strong trees.

10. Get large vigorous movements in the exercises by appealing to the imagination and interest. Example: push the swing *higher*, swim *faster*, jump *higher*, hit the nail *harder*, reach *higher*, etc. Repeat each movement several times so as to stimulate good circulation.

11. Review previous stories whenever they have a special application to the work at hand. Look over the material outlined for both first and second grades and make use of any of the activities related to the other school work or suited to the season.

## ACTION STORIES.

## FIRST GRADE.

## SEPTEMBER.

*Playing in the Wind.*

1. Skip out to play. (Two rows may skip around two rows of seats.)
2. Look up and point to wind clouds.
3. Weather-vane. Stretch arms out at sides. Slowly twist trunk to right and left.
4. Flying kites. Toss kite into air, run back a few steps; pull, guide and watch the kite. Haul it in and wind string.
5. Windmill. Stretch right arm over head. Let arms describe motion of windmill.
6. Represent trees swaying in wind. First the fluttering of leaves (fingers), next the bending of branches (arms) and finally the swaying of the entire tree (body).
7. Toss some light object into air as feather or leaf and watch the wind carry it away. Blow to represent wind. May represent sound of wind in the trees.
8. Mother calls. Run into the house.

*Motor Boating.*

1. Rowing out to boat. Sitting on desks, bend forward with arms extended, grasping oars. Come to erect position pulling oars as arms are bent.
2. Climb carefully into motor boat. Kneel on seats and step into opposite aisle.
3. Pull up anchor. Stand with feet apart leaning over bow of boat (desks) and with long pulls, first one hand and then the other, raise the anchor.
4. Coil anchor rope in long coils on bottom of boat.
5. Crank engine.
6. Steer the boat around course. Turn wheel, at the same time rise on toes as if going over the waves.
7. Anchor in deep water and catch some fish.
8. Go to camp site for picnic lunch.
9. Build fire. Blow smoke.
10. Eat lunch and return to motor boat for trip home.

*The Sailor.*

1. Row out to large boat. Sit on desks, facing back of room, feet on seat.
2. Climb rope ladder from row boat to deck of ship.
3. Pull up the anchor. Stand with feet apart leaning over bow of ship (desk) and with long pulls, first one hand and then the other, raise the anchor.
4. Hoist flag or sail.
5. Load cannon for practice. Shoot at target. At given signal say "bang!"
6. Sailors' Hornpipe. Right hand at waistline front, left at waistline back. Step on right and hop on right. Same with left foot, changing position of hands.
7. March on deck (around room) and back to place. Salute Captain, who stands in front of room.
8. Return to row boat. Row home. See 1.

*Building a House.*

1. Run across field. Each two rows run around one row of desks.
2. Digging cellar.
  - (a) Break up ground with pick-axe. One foot forward, swing pick-axe over one shoulder and then to ground.
  - (b) Shovel dirt. Throw over right (left) shoulder.
3. Climb out of cellar. Lift knees high, six or eight steps.
4. Put lumber in place. Drive nails. Reach high for some boards.
5. Painting house. Stoop, dip brush in pail, reach high up and make strokes from side to side in front of body, stooping as they near end. Dip brush in pail, etc.
6. Run home. Jump across brook.
7. Breathing. Smell dinner cooking.

## OCTOBER.

*Picking Apples.*

1. Pick up basket and run to orchard.
2. Reach up and pick apples from lower branches.

3. Shake tree to make others fall.
4. Stoop down, bending knees, and put apples in basket.
5. Look up in tree to see if there are more apples. Point up and say, "Oh! there is one; there are some more," etc.
6. Shake tree again and pick up more apples.
7. Carry baskets into the house. The baskets are heavy.
8. Pick out a rosy apple. Smell, eat.

*Autumn in the Woods.*

1. Going to sleep like frost-bitten flowers. (Active sitting position.) Go to sleep. (Head droops forward on chest, eyes shut and body assumes a passive position.) Wake up!
2. Catching leaves in baskets and throwing them over head. (Class stand.) Make your baskets. (Clasp hands in front.) Catch leaves. (Raise arms to height of shoulder, bending elbows so that arms circumscribe a circular opening.) Throw. (Swing arms over head without unclasping hands.)
3. Shaking trees to make more leaves fall. (Reach up and look up.) Imitate leaves falling softly to the ground. (Lower arms slowly, twisting body to right and left.)
4. Gathering fallen leaves. (Bend knees and reach out to get leaves.) Pile leaves on top of desk. Throw from pile in some suggested direction. Throw at each other for a "battle" with leaves. (Two rows facing.)
5. Running among trees.
6. Panting after run. (Breathing.)

*Nutting.*

1. Walk through woods on tiptoes, lifting feet high on account of leaves.
2. Climb over stone wall. Step over seat (wall) and jump quietly into leaves on the other side.
3. Reach up and shake branch. First one hand and then the other.
4. Pick up handful of nuts and put in bag. Reach in all directions.
5. Run home with bag over shoulder.
6. Shake nuts out of bag. Crack some with a hammer and eat them.
7. Tired, deep breaths.

*Jack O'Lantern.*

1. Children drive to field for pumpkins. Run around room driving horses.
2. Stoop and lift up very heavy pumpkins. Place them in wagon, one at a time.
3. Drive home.
4. Make a Jack O'Lantern. Cut off top, dig out seeds and throw them away. Make eyes, nose and mouth.
5. Run out with Jack O'Lantern to frighten people.
6. Reach up high to window. Hear some one coming, so stoop suddenly. Repeat. Try another window further up the street. Window much higher, can barely reach it.
7. Run home.
8. All out of breath from hurrying so — take deep breaths.

## NOVEMBER.

*Building a Fire for Mother.*

1. Jump out of bed. Stretch and take some breathing exercises. Wash and dress quickly.
2. Run down stairs.
3. Stoop down to pick up paper and kindling. Put them into the stove.
4. Reach up on shelf to get a match. Light fire. Blow to make it burn faster.
5. Shovel coal into stove or pick up sticks of wood.
6. Run out to back yard and chop some more wood.
7. Carry it into the house.
8. Hands cold. Blow breath against fingers.

*Victory Day.*

1. March of the Allies. Select leaders. Let children suggest names of soldiers they want to represent at different periods. Have one child stand on chair to review the parade. Some one can play the drum.
2. After the "March," salute the flag. A short story can be told as to meaning of "Victory Day."
3. Different rows can show how to celebrate. Blow horns, ring bells, beat drums, wave flags, etc.
4. Build bonfire. Dance and sing around fire.

*Making Cider.*

1. Roll barrels out to orchard.
2. Pick apples and put them into barrels — some from the ground, others from high branches.
3. Lift barrels on wheelbarrow. Every other child faces around. Couples stoop and lift heavy barrel on barrow (seat).
4. Push wheelbarrow to shed. Around room and back to places.
5. Empty barrels into cider press. Take apples out of barrel and reach up and down into press.
6. Turn handle of press. First one hand and then the other.
7. Skip into the house for lunch.

*Thanksgiving on Farm.*

1. Catch turkey. Father kills turkey.
2. Help mother pick feathers from turkey.
3. Go to basement (cellar) and bring up vegetables. Stoop to pick up potatoes, carrots, pumpkin, etc.
4. While dinner is cooking run out to play. Let some child suggest a game.
5. Eat dinner.
6. Make and pull taffy during afternoon.
7. Shell and pop corn.
8. Thanksgiving stories.

## DECEMBER.

*Snow Fort.*

1. Walk through field of deep snow. Each two rows around one row of desks, bringing knees up high. Shovel held over on shoulder.
2. Shovel snow into big piles to make the fort.
3. Pat it down hard on top with the shovel. This is done up high and around in a circle as if fort surrounded them.
4. Snowball fight. One-half of the room against the other half. All make snowballs, then one-half throw them at others while the latter dodge them or drop down behind desks at each throw.
5. Repeat; the first side dodging and the second side throwing.
6. Walk home through deep snow.
7. Take in deep breaths of cold air.

*Preparing Christmas Dinner.*

1. Catch turkey, duck, goose or chicken. Pick feathers.
2. Go to cellar or basement for vegetables. Help mother to get them ready.
3. Crack nuts.
4. Make candy. Pull it when cool.
5. Set table.
6. Run out to play until mother calls "dinner!"

*Decorating Christmas Tree.*

1. Make stand for tree. Get hammer, nails and saw. Walk rapidly to back yard. Knock boards from an old box. Saw boards, etc.
2. Carry stand and tree into house. Put tree in one corner of room.
3. Decorate tree with presents and candles.
4. Light candles.
5. Dance around tree.
6. Blow out candles.

*Santa Claus.*

(Of every three players select one for Santa Claus and two for his reindeer.)

1. Santa starts out on Christmas eve. He gets on his great heavy coat and hat and boots and mittens.
2. He stoops over to gather together all his presents. He places them in his great big sack. He throws the sack over his back and climbs into his sleigh.
3. The reindeer gallop through the snow to a little white house. "Whoa! Here's where a nice little boy lives and I'm going to steal down his chimney and give him — let me see — this great big sled."
4. Santa gets out of his sleigh — takes a deep breath of air before starting down the chimney — crawls out of the fireplace and steals on tiptoe to a great big Christmas tree where he leaves the sled. Then he steals back and up the chimney — gets into the sleigh and drives on to the next home where a nice little girl lives. Here he leaves a beautiful big dolly right in the top of her stocking which is hanging by the fireplace.

5. Santa, sort of tired from climbing up and down all the chimneys and giving out all the presents, climbs into his sleigh and says "Home" to the reindeer, who gallop away into the night to Santa's great big barn. Here Santa unharnesses his faithful animals and they all go to sleep.

### JANUARY.

#### *Christmas Toys.*

1. Jack-in-the-Box. Children stand in aisles. Teacher makes downward motion with hands as if closing lid of box and all children stoop down; raise hand quickly and children jump to a standing position. They may make a noise to represent the squeak of "Jack-in-the-Box."
2. Beating drum (marching).
3. Shooting toy gun. (Kneel, point gun and pull trigger, saying, "Bang!")
4. Trains of cars. Each row forms a train. The first one places hands on hips. Others place their hands on shoulders of ones in front. Short steps, making "choo-choo" of engine.
5. Jumping jacks. (Teacher makes a motion as if pulling a string and children jump into air with feet apart and arms out at sides, returning to position.)
6. Blow up new football. (Breathing.)
7. Suggest other toys.

#### *Cowboys.*

1. Rise early in the morning. Dress quickly. Run to corral to feed horses.
2. Get pitchfork. Get several forkfuls of hay. Lift high above head and throw it over fence.
3. Skip to the pump. Pump and carry water for horses.
4. Put saddles and bridles on horses. Climb across seat to represent mounting horse.
5. Gallop out into pasture to watch herds of cattle.
6. Have battle with some cattle thieves.
7. Take herds home at night.
8. Water horses.
9. Stretch after day's riding in saddle. Go into house to rest.

*Indians.*

1. Run along trail from tent to woods.
2. Have on moccasins so walk on tiptoes through woods with one hand shielding eyes, looking all around among shrubs in search of game.
3. Shooting arrows at bear. Kneeling on one knee, stretch arms and aim. Draw one arm back and make soft hissing noise as arrow goes through air.
4. Four or five running steps forward to bear.
5. Stoop and pick up bear, throw it over shoulder.
6. Walk back to tent. Drop bear on ground. Stretch and take deep breath.

*Eskimo Life.*

1. Represent snow storm. Stretch arms overhead and lower them slowly.
2. Blow flakes to represent wind.
3. Walk through deep snow to site of new house.
4. Cut blocks of snow and ice.
5. Lift and carry blocks. Pile them up to make walls. Stamp down first layer of blocks.
6. Leave opening for door. Stoop and look into new home.
7. Get spear and run out on ice.
8. Spear some fish for supper.
9. Build fire and cook supper.

## FEBRUARY.

*Ice Play.*

1. Reach up high for cap, coat, mittens and put them on.
2. Pull on boots, leggings, etc.
3. Run to the lake. Jump over a log on the way. (Use rope or put chalk marks on floor.)
4. Put on skates. Skate singly and by twos.
5. Saw blocks of ice. (Men are gathering it for ice house.)
6. Haul blocks into sleds with pulleys.
7. Warm hands and arms. (Swing arms around and let hands strike behind opposite shoulders.)
8. Warm feet. (Run in place.)
9. Skip home.
10. Breathe fresh air.

*Lincoln's Home.*

1. Run out to wood pile to gather sticks for fire. Each two rows around one row of desks. Gather an armful of sticks and then run around again to take them into the house.
2. Get water from well. Lower bucket into well and then raise it, pulling hard, for it is very heavy when filled with water.
3. Walk out to split rails. Each two rows walk around one row of desks with axe thrown over the shoulder. Have to step over many rocks.
4. Split rails. Have to raise axe high and bring down hard.
5. Tired. Breathing.

*Skating.*

1. Put on sweater, cap and mittens. Reach up to get skates from hook or shelf.
2. Get sled and run to lake.
3. Snow on ice. Clear a place to skate, using shovel and broom.
4. Put on skates. Make simple skating movements.
5. Give little brother or sister a ride on sled.
6. Very cold. Warm hands. Find some wood and build a fire.
7. Unfasten skates. Dance and play around the fire. Blow hard to make it burn faster.
8. Skip home.

*George Washington's Cherry Tree.*

1. Pull on sweater. Take several pulls to get sweater over head. Then push arms up into sleeves. Finally give two or three pulls to get it from shoulders down.
2. Run out with hatchet over shoulder. Each two rows around one row of desks. Two chalk marks are drawn on floor of room to represent brook. As children come to it they jump over.
3. Chop down cherry tree.
4. Run home. Each two rows around one row of desks. This time come to a log crossing the brook and have to walk very carefully over it. (Extend arms at sides.)
5. Tired. Breathing.

## MARCH.

*A Birthday Party.*

1. Run to trolley car. Each two rows run around one row of desks.

2. Reach high up with both hands and pull the door bell.
3. Peanut hunt. Each two rows run around one row of desks. After every five or six steps, stoop to get some peanuts and put in basket.
4. Pull molasses candy. Pull hard, spreading arms far apart.
5. Blow out candles on birthday cake. Take deep breaths before each blow.
6. Play game. Let children choose game.
7. Run home.
8. Breathing.

*Pioneers Getting Fire Wood.*

1. Run to woods dragging sleds. Hands behind as if holding rope.
2. Chop down trees. One foot forward, swing axe over opposite shoulder, then chop, stooping way over as you do so.
3. Loading logs. Every other one, facing the back of the room and all stooping together, pick up log carefully and place on sled at side.
4. Dragging them home. First child drags and stoops forward when walking, hands held behind back. Next child, about three feet behind, stoops and pushes.
5. Need fire to cook food. Saw and split some wood.
6. Pick up an armful of wood and carry it into log cabin.
7. Build fire.
8. Blow fire to make wood burn faster.

*A Play in the Snow.*

1. All are sleepy. Heads on desks.
2. Wake up and sit straight, stretching arms as though just waking. What shall we do to make us lively? Go out in the snow and play.
3. Hurry to best standing position.
4. Pull on rubber boots, first right and left.
5. Pull cap over ears (elbows kept out and back).
6. Skip out of the house. Two rows around one row of seats.
7. Stoop way down and pick up handful of snow, make snowball while standing erect. Throw snowball at some spot in room with right arm. Repeat and throw with left arm.

8. Very cold day. Arms must be warmed. Arms out at side. Fling them across chest and slap behind opposite shoulder.

9. Walk through snow drift with hands on hips, lifting feet and knees high with each step.

10. Run home.

11. Take in big breath of fresh air, raising the arms straight from the sides to shoulder height as breath is taken in, lowering them as breath goes out.

#### *Policemen.*

1. At a given signal (whistle) all run to report to headquarters (corner of room).

2. March to posts of duty. Traffic squad, guards, mounted police, etc.

3. Give signals of traffic policeman. Whistle and raise arm to stop traffic. Point in different directions.

4. Help blind man across the street.

5. Catch horse running away.

6. March back to headquarters.

7. Salute captain as you pass him on street. One child can stand in chair to represent captain.

#### APRIL.

##### *The Fire Engine.*

1. Fireman resting at station house. (Relax with head and arms on desk.) Wake up and stand in aisle quickly on fire signal given by teacher.

2. Harness and hitch horses. Drive them on gallop to the fire. (Indicate the drivers and horses.)

3. Pouring water on flames. Hands on hose. Step and squirt hose to the left. (Point and look up high. A soft hissing sound can be made with mouth to represent water. Step and point to right.)

4. Climbing ladder to upper windows. (Children face chairs or seats.) Climbing movements with legs and arms, counting one, two, etc. (On nine, step up on seat with left foot. Up with the right on "ten." Omit "nine" and "ten" if seat tips. (Return.)

5. Getting smoke out of lungs. (Breathing.)

6. Driving horses back to station.

*The Carpenter.*

1. Put on coat, hat and start for work. Carry tools and lunch pail.
2. Saw board. (Place on seat.)
3. Plane board.
4. Bore holes in board.
5. Drive nails.
6. Eat lunch.
7. Hoist beams.
8. Climb ladder to roof. Nail shingles.
9. Walk home through woods. Breathe fresh air.

*Ironing.*

1. Gather clothes. Reach up and take off clothes pins. Take down clothes, fold and lay in basket on ground.
2. Carry clothes basket into house (basket over head). Each two rows run around one row of desks.
3. Sprinkle clothes. Shake clothes, spread smoothly on desk and sprinkle. Roll tightly.
4. Place irons on stove. Stoop with straight back and bent knees to get irons beneath stove. Stand up straight and place irons on stove.
5. Iron clothes. Use desk as table.
6. Run upstairs to put clothes away.
7. Breathing.

*Picking Spring Flowers.*

1. North wind going home, so grass and flowers can grow. Run around room, one row at a time.
2. Rain falling to make ground soft. Raise arms high at side, let them fall slowly to sides with fingers fluttering. Rain falls to ground (floor); stoop and let fingers go to floor.
3. Making flowers grow. Bring the arms in close to body and stretch arms upward.
4. Skip to the woods for flowers. Two rows around one row of desks.
5. Picking flowers. Stoop, pick a few flowers, then stand, stoop again, pick, stand, etc.
6. Run home.
7. Smell flowers — deep breathing.

## MAY.

*May Queen.*

1. Pick daisies for a chain. Each two rows run around one row of seats. After every five or six steps, stoop and pick a few daisies and put in basket, hanging on left arm.
2. May Queen is chosen and sits in chair in front of room.
3. Run around room, one row at a time, lay flowers at Queen's feet as they pass.
4. Wind May Pole. Each two rows skip around one row of seats raising hand nearest desk, high, as if holding streamer.
5. At finish of dance all bow to Queen. Queen bows to children.
6. All skip by the Queen, holding daisy chains high over heads.
7. Breathing. Smell flowers.

*Going to the Woods.*

1. All stand in aisles and skip around room twice and back to place.
2. All run and jump over brook. (Make two chalk lines on floor.)
3. Throwing stones into brook. (Stoop on count one and throw stone on two and jump back from splash on three.)
4. Pick flowers.
5. All climb trees. (Climb over seats.)
6. Storm comes up.
7. All run home before the rain. (Skip to seats.)
8. The wind. Children face open window and take deep breaths and blow into hands making noise like wind blowing through trees.

*Trees Waving in Wind.*

1. Children skip out to play.
2. Look up and watch the wind clouds.
3. Make a faint hissing noise to represent wind as it starts to blow.
4. Represent tree in wind. First the tree top sways. Bend head, back, forward, right and left. Next leaves quiver. Shake hands in all directions. Then limbs bend. Swing arms. Finally the wind affects the whole tree. Bend trunk in different directions.
5. Make noise of high wind.
6. Run into house to avoid storm.

*At the Seashore.*

1. Ride to seashore. Represent horses and drivers.
2. At seashore. Skip to bath house, carrying bathing suits. Put on bathing suits.
3. Playing in sand. Dig holes, throw stones, etc.
4. Jumping over waves. Join hands across room. At given signal all jump into a big wave. Repeat several times.
5. Swim around room making swimming motion with arms.
6. Racing on sand. One from each row might compete at one time.
7. Climb on raft (seat) on knees. Jump into water noiselessly.
8. Skip to bath house. Change clothes.
9. Drive home and tell mother of your good time at seashore.

## JUNE.

*Birds Learning to Fly.*

1. Trying strength of wings. Straight sitting position. Make your wings. Bend elbows and bring hands up to outer surface of shoulders. Up. Lift elbows at the sides, each time a little higher, till after three or four times the hands touch each other behind the neck. Down. Return to position of "Make your wings."
2. Looking over the edge of the nest. Straight sitting position. Brace feet in iron of desks. Hands on hips. To left (right) twist. Turn head and shoulders to left (right). Look down. Bend over as far as possible without losing balance. Return quickly to straight sitting position. This movement may be taken sitting on desks facing the back of the room.
3. Trying strength of legs. Straight standing position. Spread your wings. Bend knees, trunk erect, lower arms to sides. Straighten knees and raise arms again.
4. Hopping on the branches. Hands on hips. Up on toes. Hop. (Count for each hop.) Hop forward on toes, both feet at a time. Later children may count and hop rhythmically.
5. Flying. Run around room, raising and lowering stretched arms as if flying.
6. Breathing after returning to nests. Standing position on chairs. Make your wings. Breathe in, raising elbows as in first movement. Breathe out, lowering elbows.

*Making Ice Cream.*

1. Stir milk and cream before freezing. Seats raised, stand between seat and desk facing front of room. Stir in large bowl on top of desk.
2. Pour mixture into freezer on floor and carry down stairs. Careful high steps in place.
3. Raise hammer over shoulder and pound ice into small pieces with hammer.
4. Pack ice for freezer. Take handfuls from box on floor and place in freezer on desk.
5. Freeze ice cream. Turn large handle first with one hand and then with the other.
6. Put more ice around freezer. Pack with round stick.
7. Fingers cold. Blow them.
8. Getting hard so turn with both hands.
9. Open freezer and eat dish of ice cream.

*The Playground.*

1. Run across street to playground. Two rows around one row of desks. (Children may roll hoops as they run.)
2. Going down the "Slippery Slide." Climb up the ladder (facing seat.) At signal one hand is put on desk and one hand on back of seat. Children jump so that they sit on seat with knees out straight in front of them facing side of room. Climb ladder again and jump back over seat.
3. The Merry-Go-Round (Giant Stride). Each two rows run around one row of desks, both arms raised high, as if holding on to rope.
4. The See-Saw. Three lines for each "see-saw." Children in lines 1 and 3 stand facing front of room with arms extended towards the outer lines, the left toward one line, the right toward the other. Children in lines 1 and 3 bend knees and stand erect, alternately, as the hand toward them moves up or down.
5. Skip rope.
6. Throwing and catching ball.
7. Breathing.

*Circus.*

1. One-half of class are elephants, the other half children. Elephants and children face each other. Children have peanuts in large bag on floor. Stoop down, get a handful of peanuts and

throw to elephants. Repeat several times. Elephants form trunks by clasping hands in front. As peanuts are tossed, they swing trunks high up in the air catch peanuts and carry them to mouth.

2. One child chosen for "Ringmaster." (Teacher may be "Ringmaster.") Other children, horses. Ringmaster snaps whip. Horses gallop in place. Second time whip is snapped, trot; third time, high step.

3. Chariot Race. All face side of room. Even rows stand on seats with arms stretched out driving. Children in odd rows grasp hands and gallop in place.

4. All form band. Two rows beating drums, two playing fifes, two rows playing trombones. Each two rows around one row of desks, keeping in step with music.

5. Two rows walking around one row of desks and all imitating some clown's trick, such as balancing stick on chin, juggling balls, walking tight-rope.

#### Breathing.

### SECOND GRADE.

#### SEPTEMBER.

##### *Vacation Trip to Seashore or Lake.*

1. Packing suitcase. Lunch, bathing suit and toys.

2. Riding to station on farm wagon, buggy or auto.

3. Represent engine starting and pulling train. Bend and stretch arms for piston, make hissing noise for steam, ring bell and blow whistle.

4. Playing on beach or shore. Wade in water, dig holes in sand, throw stones and sail boats.

5. Dinner bell. Run to hotel or camp.

6. Nap after dinner.

7. On signal, wake up and get ready for afternoon swim. Try swimming strokes.

8. Trip in row boat. Sit on desks. Represent sail boat also. Bend for motion of boat while sitting on desk. Blow for wind in sails.

9. Day of fun over. Repack suitcase and make return trip.

#### *Washing.*

1. Wash clothes. Seats raised. Stand between seat and desk facing front of room. Use back of seat in front of each child as washboard. Lean well over and scrub hard.

2. Put clothes through wringer. Stand in aisle, facing side of room. Left hand guides clothes while right hand turns handle. Wring some by hand.

3. Run with basket to clothes line. Basket held high over head. Each two rows run around one row of desks.

4. Shake out clothes and hang them on line. Shake clothes with both hands and then reach up on tiptoes to hang clothes on line.

5. Run out to play while clothes dry. Each two rows run around one row of desks.

6. Blow hard to imitate wind drying clothes.

#### *Putting in Winter's Coal.*

1. Driving wagon or auto truck from coal yard to house.
2. Carrying coal chute to side window. Reach up to get chute from top of wagon.
3. Open window. It is down low, so stoop to pull it open.
4. Filling bags. Climb into wagon. Shovel coal.
5. Carry bag on shoulder and dump coal into chute. Imitate noise of coal. Make several trips from wagon to house.
6. Close window. Return chute to wagon.
7. Drive home. Whistle some tune while driving horses.

#### *Cowboys.*

1. Lasso a pony. Twirl the lasso over the head in large circles with right hand about eight times. Repeat with left. To throw lasso, lean well forward and extend arm in direction of throw.
2. Gallop on ponies, each two rows around one row of desks.
3. Cowboy's trick, throw a ball way up in the air and then pull out revolver, aim and shoot, saying "Bang" as trigger is pulled.
4. Gallop around and at signal from the teacher all stoop while still galloping. Pick up a "handkerchief" and wave it in air until there is a signal to stop at seats.
5. Deep breathing.

#### OCTOBER.

##### *Gathering Fruit and Vegetables.*

1. Run to get baskets, pails and spading forks. A few children should be selected to harness and hitch horses to a big farm wagon.
2. Climb into wagon. (Climb across seats into next aisle.) Ride out to the field.

3. Jump out of wagon. Carry forks and baskets to the potato patch.
4. Dig and pick up potatoes. Carry them to and put them into wagon.
5. Get other vegetables: corn, cabbage, pumpkins, carrots, etc.
6. Take pails and baskets and run to orchard.
7. Reach up high to pick grapes and apples.
8. Carry fruit to wagon.
9. One child drives team home (around room). The horses have a big load so others have to walk. Eat apples while walking.

*Cutting Corn.*

1. Run to barn and harness horses.
2. Lead them to well. Pump water.
3. Hitch horses to wagon and drive to field.
4. Put left arm around corn stalks and cut them with corn cutter held in right hand.
5. Shock the corn to let it dry.
6. Husk a few ears and put them into a basket.
7. Pick some large pumpkins and put them in wagon. Put basket in wagon also.
8. Climb on wagon. Drive home. Sing or whistle some tune.

*Playing with Leaves.*

1. Skip out into yard.
2. Bend knees and reach out to get leaves in arms.
3. Put them on top of desk.
4. Have rows face each other. At a given signal, have a fight with leaves.
5. Make some more piles.
6. Run into the house for matches.
7. Strike one on bottom of shoe and burn leaves.
8. Watch fire burn and dance around it.
9. When fire dies down, blow hard to make it burn brighter.

*Jack O'Lantern and Hallowe'en.*

1. Jump over stone wall quietly into cornfield where pumpkins are (into other aisle).
2. Walk quietly, lifting feet high so as to avoid rattling the cornstalks and arousing the farmer's dog.

3. Reach down till you find a nice one for your Jack O'Lantern (reach back, front and side).
4. Run home quietly.
5. Sit down and make your lantern.
6. Run down street and hold your lantern up to someone's window (have every other row sitting at home on desk). Say, "Boo!"
7. Stoop down quickly to hide while those inside look out (repeat two or three times).
8. Children with lanterns walk with knees half bent so as not to be seen, to next person's window, put up lantern in front of window, then stoop and hide. Say, "Boo!"
9. Run home softly on tiptoes.
10. Blow out lanterns with two or three deep puffs.
11. Repeat from number 6 on with other rows of children.

#### NOVEMBER.

##### *Transportation.*

Watch for good posture and call attention to best examples. Use individuals first and then rows to represent the different movements.

1. Girls skipping to school.
2. Boys running out to play.
3. Mother going to make calls.
4. Father hurrying to catch morning train.
5. Boys in swimming.
6. Trotting, galloping and high stepping horses. Might have riders or drivers for horses.
7. Elephant. Clasp hands to represent trunk.
8. Santa Claus' reindeer.

##### *Victory Day.*

1. Parade by soldiers. Each row can represent soldiers of one of the Allies.
2. Boys and girls celebrating. Represent: (a) blowing of horns, (b) beating drums, (c) ringing bells, (d) throwing of confetti, (e) waving flags.
3. Sing patriotic songs.
4. Short talk, "Why we celebrate Victory Day."
5. Flag salute.

*Farm Chores.*

1. Run from house to barn. Each two rows run around one row of seats.
2. Pump cool water from well.
3. Feed chickens. Left arm holds box. Right hand takes grain from box and throws it over high fence.
4. Climb ladder into hay loft.
5. Pitch hay into stall below. With one foot forward lift hay with pitch fork and thrust forward into chute. After repeating several times ram pitch fork hard down chute to be sure hay goes down to stall.
6. Climb down ladder.
7. Run into house. Each two rows run around one row of desks.
8. Breathing.

*Thanksgiving Pies.*

1. Shake flour. Both hands hold sieve. Shake from side to side over desk.
2. Stir everything up as if bowl were on desk.
3. Roll out crust.
4. Put in oven. Take three pies, one at a time, and put in opposite desks.
5. Run outdoors while pies are baking. Play a game.
6. Take pies out of oven.
7. Burnt fingers, so blow on them.
8. Smell of pies, they are so good. Put them on a high shelf.
9. Use "Thanksgiving on Farm" as outlined for first grade.

## DECEMBER.

*Coal Mine.*

1. Late, so hurry to coal mine; running around room.
2. Light candles.
3. Push coal cart into mine. Desk is cart.
4. Use pick axe in loosening coal. Swing axe high in air and then down.
5. Shovel coal into cart. Pieces of coal very large and heavy.
6. Push cart back to opening.
7. Blow out candles on caps.

*Going for Christmas Tree.*

1. Put on coats and hats.
2. Run to barn for sled and hatchet. When teacher claps hands they stop. Second clap, they run on to places or woods.
3. Chop down tree. One foot forward, swing axe over other shoulder. Stoop forward, first one side and then the other, while chopping tree.
4. Drag sled home. Hands behind as if holding ropes.
5. Dance around Christmas tree. Two rows dancing around one row of desks.

*Decorating Christmas Tree.*

1. Make stand for tree. Get hammer, nails and saw. Walk rapidly to back yard. Knock boards from an old box. Saw boards, etc.
2. Carry stand and tree into house. Put tree in one corner of room.
3. Decorate tree with presents and candles.
4. Light candles.
5. Dance around tree.
6. Blow out candles.

*Santa Claus' Visit.*

1. Driving reindeer. (Sitting on tops of desks if they do not tip. Backs straight, arms stretched out in front, hands holding reins. Alternately pull in and release reins. Say, "Whoa," as you pull in.)
2. Warming feet. (Jump down from seats. Place hands on hips. Up on toes. Run in place. May count for the running.)
3. Breathing.
4. Santa Claus reading names on stockings. (Hold pack over back. Bend forward from hips. Look up and read names. Suggest names. Stand up straight.)
5. Placing presents in stockings. (Reach to pack on back. Bend knees and stoop forward to deposit present. Up straight and stretch.)
6. Climbing rope up the chimney. (Start with one hand in front of chest and the other high up. Alternate hands as you climb.)
7. Driving reindeer.
8. Breathing in cold air. Watch breath as you exhale.

## JANUARY.

*Coasting with New Christmas Sled.*

1. Drag sled up steep hill. Two rows around one row of desks, bending knees up high and stooping while walking with hands in back as if holding rope.
2. All push sled and jump on. Face seat and push it with both hands while taking three or four steps. At signal one hand is put on desk and one hand on back of seat, children jump so that they sit on seat with knees out straight in front of them, facing side of room.
3. Hold ropes tight with straight arms. Pull first one arm and then other as if to steer around corner.
4. Jump off. They jump off into next aisle. Turn, face seat and coast down hill again. Repeat.
5. Toes cold so jump in place.
6. Deep breaths and blow on fingers to get them warm.
7. Represent other toys on following days.

*Soldiers.*

1. Marching with guns. Whistle some tune. Leader in each row should be drummer boy.
2. Hoist the American flag. Reach up and pull rope, hand over hand.
3. Give the flag salute.
4. Target practice. First shoot from standing position, then kneeling on one knee. Say, "Bang," as trigger is pulled.
5. Inspection. Stand at attention for some simple inspection, as posture or clean clothes.
6. Review by some officer. Have child stand on chair in front of room. Others march by and salute.
7. Bugle call. Take deep breath. Hold both hands to mouth and blow bugle.

*Engineer.*

1. Get ready to go to round-house for engine. Put on coat, cap and mittens. Carry lunch pail. Each two rows around one row of seats.
2. Climb into engine. Step in place, raising knees high. Put lunch in box (desk).

3. Clean and oil engine. Reach up high to polish sides. Stoop down to clean and oil parts under engine.
4. Fireman. Shovel coal.
5. Start engine. Sit on top of desk and represent engineer operating levers. Make noise of escaping steam.
6. Look out window and ring bell with one hand, saying, "Ding-dong."
7. Eat lunch.
8. Start and stop for some familiar stations.
9. Return to round-house.
10. Walk home carrying dinner pail.

*Indians.*

1. Put on snow shoes. Walk over deep snow to lake.
2. Chop hole in ice. Spear fish.
3. Walk up hill into woods.
4. Look up to locate squirrels in trees.
5. Fix arrow. Bend bow. Shoot. Repeat several times.
6. Run to where squirrel has fallen on ground. Stoop, pick up squirrel and put it in bag.
7. Walk home with game.
8. Build fire to cook supper. Blow hard to make wood burn faster.

**FEBRUARY.**

*The Ice Harvest.*

1. Run out to barn and harness horses.
2. Lead horses to the well. Pump water.
3. Hitch horses to sled (desk). Drive to the lake.
4. Cut ice into blocks with a big saw.
5. Load sled. Blocks are very heavy. Push. Pull.
6. Drive to ice house and unload blocks.
7. Hands cold. Swing arms and let hands strike behind opposite shoulders.
8. Run in place to warm feet.
9. Unhitch and put horses in barn.

*Valentine's Day.*

One player in each row is chosen to sit on front desk and receive the valentines. Rest of players stand in aisles.

1. Run to the house where valentines are to be dropped. Two rows around one row of desks.
2. Players reach up and drop valentines into letter box high upon the door.
3. Reach up high with both hands and pull the bell. Teacher may ring a bell or say, "Ding."
4. Players outside stoop away down to hide, while those inside jump down, pick up valentines and look down aisles to see if they can see anyone. Run to another house and hang valentines.
5. Players outside warm their hands by holding them straight out from shoulders and slapping them across the chest, making each arm hit behind the opposite shoulder. Blow breath against fingers.
6. Run home very softly on tiptoes.

*A Birthday Party.*

1. Deliver invitations for the party. Ring door bells, and reach up to put letters in mail boxes.
2. Skip home.
3. Help mother get things ready. Crack nuts, shine apples, set table, etc.
4. Welcome little friends as they come to your party.
5. Gather around table. Eat goodies.
6. Mother brings in cake with six (or seven) lighted candles. Blow out candles.
7. Play games.

*The Shoemaker.*

1. Wrap up a pair of shoes.
2. Put on overshoes, coat, cap and mittens.
3. Skip to the shoemaker's store with pair of shoes.
4. Imitate various movements of shoemaker. Wax thread with big arm movements. Bore holes with awl. Hammer in pegs. Shine shoes, etc.
5. Teach "Shoemaker's Dance." Review the dance if it has been learned.
6. Play in snow on way home. Make and throw snowballs. Play tag, etc.

## MARCH.

*Modes of Travel.*

1. With horse and wagon. Sit on desk and drive horse.
2. On street car. Crowded car, so reach up high to hold strap. Conductor ringing up fares. Teach "Safety First." Show the correct way to step from a street car. Have children practice using desks and seats for street cars.
3. On bicycle and motorcycle.
4. In automobile.
5. On steam train. Ring bell, blow whistle, have arms describe action of piston, make sound of escaping steam while running around room.

*Modes of Travel (continued).*

1. In aeroplane. Stand at side of seat. Turn propeller blades rapidly. Climb into aeroplane quickly (seat or on desk).
2. In row-boat. Sit on desks. Bend forward and then back and extend and bend arms to describe big rowing movements.
3. Use some of the travel suggestions to introduce competition between individuals and rows. Example: automobile race. Let each row select name of the car it wants to represent. (Ford, Buick, Dodge, Pierce-Arrow, Hudson, Cole.) At first have the competition between one from each row. Each "auto" must run around its own row. Give directions for running. A little later two or more and finally all in row may run at same time. Let some children assist as judges.

*Snow Men.*

1. Pull on rubber boots. Bend knee up and stretch arms. As you stretch knee, bend arms, pulling on boot.
2. Snow falling outside. Reach up and bring hands lightly down to floor, bending at waist.
3. Walking through snow. Bend knee high and reach forward with foot. Put foot down and straighten up. Repeat with other foot, etc.
4. To make snow man, roll balls of snow. Stoop down, gather up and roll to front of room. First make body. Run back and roll another to make head, etc. (When complete have a child come forward for snow man.)

5. Make snowballs. Kneel on one knee, gather up handfuls and press hard on knee.

6. Throw at snow man, first left then right. As ball hits head child drops head forward. One arm drops and then the other. Finally legs are hit and child drops to floor in a heap. (Use rug or paper on floor to protect child's clothing.)

7. Breathe deeply and blow hands when fingers are cold.

#### *Keeping Store.*

1. Storekeeper leaving home. Reach up for wraps. Put on overshoes, coat, cap and mittens.

2. Walk to corner and watch for street car.

3. Wave to car as one approaches.

4. Climb steps and pay fare. Reach up and say, "Ding," as you represent conductor ringing up fare.

5. At store. Find key and open door.

6. Sweep and dust to get store ready for the day's business.

7. Wait on customers. Reach up to get various things from high shelves.

8. Wrap and tie up packages.

9. Ring up money for sales and make change.

10. Close store and return home at night.

#### APRIL.

##### *Making Maple Sugar.*

1. Pull on boots. Put on coat, hat and mittens.

2. Get tools from sled.

3. Tramp to woods. Jump over ditches and over bogs.

4. Bore holes in maple trees. Drive in spouts and hang pails.

5. Run home, have supper and go to bed.

6. Next morning. Wake up. Get breakfast.

7. Run out to sap trees.

8. Carry pails back home. Empty sap in big boiler.

9. Build fire. Blow to make fire burn better.

10. Stir sap as it boils.

11. Put some syrup in a dish so it will get cool. Blow it.

12. Skip into house and get some bread to eat with the maple syrup.

*Repairing Roads.*

1. Harness horses. Good opportunity for reaching and stretching exercises.
2. Lead horses to well and give them a drink. Pump water.
3. Hitch horses to wagon and drive to a bad section of the road. Climb on seats.
4. Chop old cement with pick axe.
5. With shovel load broken pieces into wagon. Stoop to get heavy pieces.
6. Drive wagon away. Dump by pushing lever.
7. Get a load of sand and cement on return trip.
8. Shovel material into mixer. Start engine.
9. Carry cement and fill holes in road.
10. Tired. Breathing. Climb into wagon and drive home.

*Members of the Fire Department.*

1. Driving horses to fire. Different fire apparatus for each row of children. Gallop around the room. "Ready—go!" and back to seats.
2. Deep breathing to prepare for work. "In! Out!"
3. Playing water on flames. Feet apart, grasp hose in front, arms outstretched. Move arms slowly to left side, twisting the body somewhat—one! Sway over to right side—two! Repeat and try in rhythm. Make a hissing sound to represent the noise of water rushing through nozzle.
4. Climbing ladder to window. Opposite hand and foot used. Left hand and right knee up. Changing hand and knee—change! Again—one! Two! Keep it up—begin!
5. Chopping window open. Feet apart, hands over right shoulder grasping axe, body twisted somewhat. Chop, down—one! Swing to other shoulder—two! Keep it going ten counts—go!
6. Throwing clothes out of window. Stoop down, pick up armful of clothes, etc.—one! Stretch up and throw out of window—two! Repeat.
7. Descending ladder. (See exercise 4 above.)
8. Driving horses home. Slow trotting around room, holding reins in front.
9. Getting rid of smoke in lungs. In! Out!

*Moving Day.*

1. Select a few children to represent moving van with one child as driver. At given signal have driver bring van to front of room.
2. Load van with furniture. Some children can carry things to front of room while others pack them in van.
3. Stoop to roll up rugs. Climb on ladder and reach up high to get pictures.
4. Get barrels from the basement (cellar) and roll them out to the van.
5. Shake curtains and small rugs before putting them in van. Blow to represent wind carrying the dust away.
6. All loaded. Climb on van and drive to new house. Skip around room.
7. Unload van. Repeat some of above and let children add other items.

**MAY.***Cleaning House.*

1. Open windows. Reach up to pull top ones down. Push up lower ones.
2. Roll up rugs. Stoop and walk forward a few steps as you roll rugs.
3. Carry rugs out of doors.
4. Shake small rugs. Beat others. Kneel on one knee. Use beater in right hand and then in left hand. May use beater in both hands.
5. Blow the dust away.
6. Run into house and sweep floors.
7. Get rugs and replace them on floor.
8. Wipe furniture with cloth. Reach up high to clean shelves.
9. Get dust out of lungs. Breathe in fresh air from windows

*Baseball Game.*

1. Teacher throws ball and children jump into air to catch it. Repeat, children jumping and reaching to side as well as up, to catch it. A child may be chosen to act as pitcher.
2. Every time one catches it he throws it back to the pitcher.
3. Pitcher throws the ball and children bat it.
4. Make a home run by each two rows running around one row of desks.

5. Throw caps in air because game is won.
6. Side wins, so breathe deeply and cheer, rah, rah, rah, while waving caps.

*Making Garden.*

1. Reach up to get spading fork and rake from shelf.
2. Put them over shoulder and skip to back yard or vacant lot garden.
3. Spade up earth. Turn each forkful over and strike it hard to break up large pieces.
4. Rake garden.
5. Pick up stones and throw them into a pile.
6. Run to get a wheelbarrow.
7. Stoop to pick up stones and put them into wheelbarrow. Wheel them to corner of garden and dump in a pile.
8. Plant seeds.
9. Blow up seed bags. Break them between hands and say "Bang!"

*Trip on a Sail Boat.*

1. Rowing out to large boat. Sit on desks, facing back of room, feet on seat.
2. Climbing ladder to get into boat. One hand up and opposite knee bent high, bend arm and put foot on floor, stretch arm and raise other foot.
3. Pull up anchor. One foot forward, stoop and pull first with one hand and then with other, leaning over desk.
4. Hoisting sails. Reach up with one hand, pull down and at same time put other up, etc.
5. High waves make boat go up and down. Rising and sinking on toes, and when it gets very rough bend the knees.
7. Blow and make noise like sound of wind in sails. Home again, lower sails and drop anchor.
8. Return to shore in row boat.

JUNE.

*Mowing Lawn.*

1. Push lawn mower around room or around one row of seats.
2. Run to tool house. Reach up to get rake and broom. Get wheelbarrow also. Wheel it to lawn.

3. Rake grass.
4. Stoop down and get armfuls of grass to put in wheelbarrow.
5. Wheel grass to back yard. Dump in pile.
6. Go back to get some *heavy* stones. Stoop to lift them.
7. Sweep sidewalk and put tools away.
8. Skip into house and get lunch.

*Fishing.*

1. Digging bait. One foot raised as if on shovel with hands on handle. Push down with both. Then stoop and throw to right. Repeat throwing to left. Pick up worms and put them in a can.
2. Row out in boat. Sitting on desk facing back of room, feet on seat.
3. Throw line into water.
4. Pull in big fish, hand over hand. Repeat on right and left sides.
5. Row home.
6. Walk home with string of fish.
7. Breathe in fresh air.

*A Day on the Farm.*

1. Running or skipping over grass to fields. Run or skip around the room, one row following the other. Ready — go!
2. Blowing dandelion seeds. Hold imaginary flower in right hand. Take a deep breath — in! Blow the seeds off — blow!
3. Shaking fruit trees. Standing on tiptoes, arms stretched over head, shake high branches of tree, five to ten times. Ready — begin!
4. Picking up fruit and throwing into basket. Stoop down to pick up fruit — one! Stretch knees and throw fruit into basket on left side — two! Keep it going ten times — begin!
5. Swimming in the pond. Feet apart, arms and hands in swimming position in front of chest, elbows bent. Stretch the arms forward — one! Spread apart — two! Back to chest — three! Repeat — One! Two! Three!
6. Rowing. Sit on desks, arms reaching out in front, grasping oars, trunk inclined forward. Pull back — one! Bend trunk forward again for another pull — two! Try in rhythm.

7. Running back to house, jump over stone walls. Outline space on floor with chalk. Children, in circle formation, jump one at a time over designated space.

8. Regaining breath. Deep breathing with arm raising sideways — In! Out!

*At the Seashore.*

1. Run to catch street car. Carry lunch basket.

2. Crowded car. Hold on straps.

3. Represent conductor collecting and ringing up fare. Reach up, pull strap and say "Ding."

4. Step off car, into next aisle, and skip to beach.

5. Put lunch baskets on bench, in corner of room.

6. Take off shoes and stockings and play in sand. Dig holes.

7. Wade in water. Lift knee high at each step.

8. Waves are rolling in. Run back as wave breaks on shore.

9. Stoop, pick up some stones and throw them far out. Make some skip.

10. Eat lunch.

11. Walk back to street car and ride home.



## INDEX OF ACTION STORIES

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	PAGE
At the Sea Shore .....	20, 37
Autumn in the Woods .....	9
Baseball Game .....	34
Birds Learning to Fly .....	20
Birthday Party, A .....	15, 30
Building a Fire for Mother .....	10
Building a House .....	8
Carpenter, The .....	18
Christmas Toys .....	13
Circus. . . . .	21
Cleaning House .....	34
Coal Mine .....	26
Coasting with New Christmas Sled .....	28
Cowboys. . . . .	13, 23
Cutting Corn .....	24
Day on the Farm, A .....	36
Decorating Christmas Tree .....	12, 27
Engineer. . . . .	28
Eskimo Life .....	14
Farm Chores .....	26
Fire Engine, The .....	17
Fishing. . . . .	36
Gathering Fruit and Vegetables .....	23
George Washington's Cherry Tree .....	15
Going for Christmas Tree .....	27
Going to the Woods .....	19
Ice Harvest, The .....	29
Ice Play .....	14
Indians. . . . .	14, 29
Ironing. . . . .	18
Jack O'Lantern .....	10
Jack O'Lantern and Hallowe'en .....	24
Keeping Store .....	32
Lincoln's Home .....	15
Making Cider .....	11
Making Garden .....	35
Making Ice Cream .....	21
Making Maple Sugar .....	32
May Queen .....	19
Members of the Fire Department .....	33
Modes of Travel .....	31
Motor Boating .....	7

	PAGE
Moving Day .....	34
Mowing Lawn .....	35
Nutting. . . . .	9
Picking Apples .....	8
Picking Spring Flowers .....	18
Pioneers Getting Fire Wood .....	16
Play in the Snow, A .....	16
Playground, The .....	21
Playing in the Wind .....	7
Playing with Leaves .....	24
Policemen. . . . .	17
Preparing Christmas Dinner .....	12
Putting in Winter's Coal .....	23
Repairing Roads .....	33
Sailor, The .....	8
Santa Claus .....	12
Santa Claus' Visit .....	27
Shoemaker, The .....	30
Skating. . . . .	15
Snow Fort .....	11
Snow Men .....	31
Soldiers. . . . .	28
Thanksgiving on Farm .....	11
Thanksgiving Pies .....	26
Transportation. . . . .	25
Trees Waving in Wind .....	19
Trip on a Sail Boat .....	35
Vacation Trip to Seashore or Lake .....	22
Valentine's Day .....	29
Victory Day .....	10, 25
Washing. . . . .	22



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